

## PROFESSIONAL EXPERIENCE

### **Licensed Marriage and Family Therapist, Private Practice, Los Angeles , California**

1997-Present

- \*Psychotherapy with individuals, families, couples and children
- \*Specializing in relationship enhancement and sexual disorders.  
Trauma as well as addictive disorders, including internet addictions.
- Corporate Consultation (Management/Relationship struggles).

### **Oral Examiner**

2001-2004

- \*Served as an Oral Examiner for the Board of Behavioral Sciences  
for the State of California
- \* Oral testing of new candidates presenting for licensing.

### **Supervisor/Teaching Professional**

- Lecturer/Presenter for the California Association of Marriage and  
Family Therapists, Los Angeles Chapter.
  - \* Teaching Online and On Site Cognitive-Behavioral Techniques for Ryokan  
College,  
Los Angeles
  - Taught On-site and/online Couples Counseling for Ryokan College**  
Taught online/ Group Psychotherapy for Ryokan College, Los Angeles
  - \* **Continuing Education Seminars “How To Build A Successful Practice”**
- \* Adjunct/Off-sight Supervisor for “The Maple Counseling Center”  
Beverly Hills, CA. **2000-2005**

### **Television**

Guest appearance on Dr. 90210 HBO special  
Counseled two Doctors regarding relationship impasses. Aired March 2005

Guest appearance on Berman & Berman (Discovery Health) Aired Jan 2003  
Worked with three couple scenarios re: conflict resolution,  
women softening their presentation, and dating today; who  
pays now that traditional roles have changed?

\*Couples' Therapist (ABC family) for pilot series for Buena Vista Aired Aug 2002

Productions. “The Last Resort.” Intensive Couples Therapy with four couples for five days, ending in recommitment ceremony or helping the couple to step apart amicably.

### **Radio**

**Host for Dr. Tess Radio – Cable Radio Network** **2004-2005**  
Saturday evenings 7-8pm – Listener/call-in program regarding All aspects of relationships.

\*Guest appearances on “The American Woman Show,” KRLA/8:70 2003-4  
Topics such as “What Makes Successful Marriages,”  
“Predictors of Divorce,” and “Communication Skills.”

### **Speaker’s Bureau**

Professional guest speaker nationally and internationally for seminars, Present  
conventions and meetings. Various topics, re: team-building, relationships, questions & answers.

### **Ryokan College**

\* **Faculty** **2000-2015**  
Taught a practicum class at Master’s and Doctoral Level. Students learned skills/techniques in working with individuals/couples and families struggling with depression and anxiety.

\*Collaborated on design for online doctoral programs for teaching and translating psychology skills into personal/executive coaching as well as classes on How to Build a Successful Practice In Today’s Market (Have been asked to teach these classes in the Fall quarter).

**Corporate Consultation** **1999-Present**

\*Personal and Executive coaching onsite with corporations, also available via internet and telecoaching (Caesar’s Palace)

\*Strengthening Managers abilities as leaders

\*Enhancing communication skills

\*Team building

**The Maple Counseling Center** **1997-1999**

- Facilitated parenting classes for parents of teens
- “Practice Building Strategies Seminar” **2004**
- Facilitated teen groups

**Windward School, Mar Vista, CA.**

1996-1997

- \*Counseled students, parents and teachers, individually and conjointly
- \*Organized and facilitated parent breakfast meetings once a month to discuss common teen dilemmas and share successful strategies
- \*Served as liaison between faculty and parents
- \*Substituted in classrooms when teachers were absent
- \*Taught Human Sexuality classes for eighth graders
- \*Organized and planned school retreats

**The Center for Healthy Aging, Santa Monica, CA.**

1994-1995

(Previously known as The Senior Health and Peer Counseling Center)

- \*Supervised and trained peer counselors/volunteers
- \*Facilitated socialization and support groups for seniors
- \*Facilitated and co-lead men and women's groups
- \*Extensive training in complex L.A. County paperwork for County Mental Health Patients/Trained new interns to do same

**Morningside High School, Inglewood, CA.**

1993-1994

- \*Counseled teens re: peer and personal issues
- \*Conflict resolution work with school administrators and students
- \*Assisted in conflict resolution with gang members
- \*Facilitated group experience

**Sojourn Battered Women & Children's Shelter,  
Santa Monica, CA.**

1992

- \*Provided in-house counseling for battered and abused women and children
- \*Manned 24 hour hotline

**Teaching Assistant**

Antioch University, Ken Smith, Ph.D.

1991

Antioch University, Jeffrey Marsh, Ph.D.

1991

Antioch University, Al Erdynast, Ed.D.

1990

## EDUCATION

Psy.D., Clinical Psychology, 2000, Ryokan College, Los Angeles  
M.A., Clinical Psychology, 1994, Antioch University, Los Angeles  
B.A., Liberal Arts with concentrations in Psychology and Communications  
1992 Antioch University

## PROFESSIONAL DEVELOPMENT

- \*Author of **Ten Ways to Take Your Relationship Temperature**, 2003  
an empirically based interactive workbook for couples  
Author of **I Liked My Life the Way It Was**, a children's book about how  
they feel about their parent's divorce. 2010
- \*UCLA Medical Center  
Volunteer/Mentor assisting living related kidney donors in the  
process of donating a kidney to a family member 1987-  
..... Present
- Helped to coordinate and develop a non-profit Mentor program to  
assist organ donors, recipients, and their families
- \*Developed, in conjunction with the Downtown Merchants Association 1985-1990  
a program to benefit and assist homeless women and children

## PROFESSIONAL ORGANIZATIONS

- \*American Association of Marriage and Family Therapist, since 1996  
\*California Association of Marriage and Family Therapist, since 1993  
\*Los Angeles Chapter of Marriage and Family Therapist, since 1993  
Presented a Couples Seminar for CAMFT – Spring 2003

## AREAS OF EXPERT INTERVENTION

**Couples Counseling – Theories of John Gottman, and Sue Johnson  
utilized – knowledge of many others.**  
**Trauma – Utilizing CBT, DB, Mindfulness and trauma theories.**  
**Addiction – Theories of CBT, DBT, Mindfulness, AA, Intersubjective  
theories.**

**ALSO AVAILBLE IN MOST 50 STATES as A WEDDING OFFICIANT**